

Athena Medical Clinic and Sleep Medicine Associates Sleep Study Instructions

On behalf of the patient, our office will contact insurance for benefits, eligibility and precertification for sleep studies. The benefits that are quoted to us will be referenced to you, the patient; however, **any quotes given are not a guarantee of payment**. It is advised that patients check with their insurance plan to secure any benefit and payment questions prior to scheduling/proceeding with sleep study procedures and DME supplies. **The patient/responsible party is personally responsible for payment on the account.**

We take your appointment time seriously; a Tech is assigned for *your* Sleep Study. For cancellations, we must receive a 48 hour notice; if this is not received, there be a \$250 charge. Ring the door bell on the right side of the door; the Tech will open the door for you. If you do not drive, arrange for your driver to pick you up 5:00 – 5:30 am.

If you do not speak English, you should have a translator present for the entire study.

If you require assistance in daily functions (such as getting dressed, going to the bathroom or walking), a caregiver must be present for the entire study.

For pediatric patients, one adult family member must stay with the child the duration of the study.

On the day of your test, please remember the following tips to make your study more effective:

- Wash your face and hair; remove make up, oils, hair spray and gels.
- Remove all finger nail polish.
- Bring loose, comfortable sleep wear (nothing silk or satin).
- Pillows are provided but you may bring your own.
- The Sleep Tech will put a paste in your hair that has the consistency of Crisco; therefore, do not get your hair done prior to the sleep study. No braids, weaves, dreadlocks, etc. are allowed.
- Men need to be clean shaven.
- Avoid naps during the day of your study.
- Avoid any food or beverages containing alcohol or caffeine (coffee, chocolate, etc.).
- Bring all bedtime medications, including nasal sprays.
- WiFi is provided for patient's use. Plan for cell phones and TV to be off at 10:00 pm. Lights are turned out at that time.

For any questions, contact the office. If you know you are going to be late and it is after normal office hours (Monday – Friday, 8:00 – 5:00), please call 706-850-6384.